



Chef

Vilma Aguayo - Gaona

Kitchen Assistant

Albert Rodriguez



**CITY OF SAN ANTONIO
PARKS & RECREATION**

Community Center Leader

Angel Ruiz

Community Center Leader

Jorge De La Rosa Jr.

Recreation Supervisor

Gloria De La Cruz-Sandoval

**LUNCH IS BY RESERVATION
ONLY. PLEASE MAKE
RESERVATIONS BY WEDNESDAY
OF THE PREVIOUS WEEK.**

CITY OF SAN ANTONIO COMMANDER'S HOUSE ADULT AND SENIOR CENTER

Tuesday, July 1

Sliced Ham,
Scalloped Potatoes, Broccoli
Casserole, Salad, Apple Turnover

Wednesday, July 2

Chicken Curry,
Jasmine Rice, Chick Peas, Salad,
Mango Parfait

Tuesday, July 8

Dijon Tarragon Cream Chicken,
Carrots, Green Beans, Salad,
Cheesecake

Wednesday, July 9

Meatballs in Chipotle Sauce,
Cilantro-Garlic Rice, Sauteed Squash,
Salad, Pumpkin Empanada

Tuesday, July 15

Crispy Beef Taco,
Rice, Beans, Salad, Fruit Cocktail

Wednesday, July 16

Baked Fish Patty,
Mac & Cheese, Mixed Vegetables,
Salad, Strawberry Applesauce

Tuesday, July 22

Egg Salad on Croissant,
Spinach Salad w/ Raspberry
Vinaigrette, Chicken Soup, Angel
Food Cake

Wednesday, July 23

Herb Roasted Chicken,
Cannellini & Kale, Pesto Pasta, Salad,
Magic Bar

Tuesday, July 29

Chicken Cacciatore,
Penne Pasta, Sonoma Blend
Vegetables, Salad, Peach Cobbler

Wednesday, July 30

Carne Guisada,
Rice, Beans, Salad, Flan

July 2014

Thursday, July 3

Salisbury Steak w/ Mushroom Gravy,
Mashed Potatoes, Peas & Carrots,
Salad, Brownie

Thursday, July 10

Pork Roast,
Broccoli, Corn, Salad, Pecan Pie

Thursday, July 17

Chicken Alfredo,
Bowtie Pasta, Italian Vegetables,
Salad, Sugar Cookie

Thursday, July 24

Steak Fingers,
Mashed Potatoes, Green Beans, Salad,
Ice Cream Cup

Thursday, July 31

Turkey Burger,
Sweet Potato Oven Fries, Southwest
Calico Corn, Fresh Fruit

FOOD ALLERGY NOTICE

We serve foods that contain milk, wheat, soy, eggs, peanuts, tree nuts, fish and shellfish.

Though we appreciate the challenges posed by anyone having a food allergy, food sensitivity or food intolerance, we do not have the ability to accommodate any such allergies, sensitivities or intolerances at this time.

Upon request, we will provide you with any ingredient information available to us but there is always a risk of contamination. If in doubt about what precautions you can take or what risks you may expose yourself to, please consult with a physician as neither the HEB Kitchen Staff nor the Commander's House Staff can make those decisions for you.

**For Reservations Contact Jorge De La Rosa
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San Antonio, Texas 78204

Phone: 210.207.3010

E-mail: Jorge.delarosaJR@sanantoino.gov